

Welcome to our Breakfast Cafe @

Glens Falls Elementary

November
2017

Monday

Tuesday

Wednesday

Thursday

Friday



6 Raspberry Yogurt Cup
Red. Sugar Cinnamon
Toast Crunch
Toast
Apple 100% Juice
Diced Peach Cup
Fresh Orange

7 Chocolate Chip Muffin
Raspberry Yogurt Cup
Red. Sugar Cocoa Puffs
Toast
Apple Grape 100% Juice
Diced Pears
Fresh Apple

8 WW Bagel
Lite Cream Cheese
Red. Sugar Trix
Toast
100% Orange Juice Blend
Diced Peach Cup
Fresh Banana

9 Pancakes
French Toast
Syrup
Red. Sugar Cinnamon
Toast Crunch
Toast
Apple 100% Juice
Diced Peach Cup
Fresh Banana



13 Strawberry Banana
Yogurt Cup
Cheerios
Toast
Apple 100% Juice
Mixed Fruit
Fresh Orange

14 Blueberry Muffin
Raspberry Yogurt Cup
Red. Sugar Cocoa Puffs
Toast
Apple Grape 100% Juice
Diced Pears
Fresh Apple

15 WW Bagel
Lite Cream Cheese
Red. Sugar Trix
Toast
100% Orange Juice Blend
Diced Peach Cup
Fresh Banana

16 Pancakes
French Toast
Syrup
Cheerios
Toast
Apple 100% Juice
Mixed Fruit
Fresh Orange

17 Egg and Cheese
Sandwich
Cheerios
Toast
English Muffin WW JSB
Apple Grape 100% Juice
Diced Pears
Fresh Apple

20 Raspberry Yogurt Cup
Red. Sugar Cinnamon
Toast Crunch
Toast
Apple 100% Juice
Diced Peach Cup
Fresh Orange

21 Apple Cinnamon Muffin
Red. Sugar Trix
Toast
Strawberry Banana
Yogurt Cup
Apple Grape 100% Juice
Pineapple Tidbits
Fresh Apple

22
**Thanksgiving
Recess**



24
**Thanksgiving
Recess**

27 Strawberry Banana
Yogurt Cup
Red. Sugar Trix
Toast
Apple 100% Juice
Diced Peach Cup
Fresh Orange

28 Chocolate Chip Muffin
Raspberry Yogurt Cup
Red. Sugar Cocoa Puffs
Toast
Apple Grape 100% Juice
Diced Pears
Fresh Apple

29 WW Bagel
Lite Cream Cheese
Red. Sugar Trix
Toast
100% Orange Juice Blend
Diced Peach Cup
Fresh Banana

30 Pancakes
French Toast
Syrup
Cheerios
Toast
Apple 100% Juice
Mixed Fruit
Fresh Orange

SIMPLY ROOTED™ in food and family

Our milk is rBGH free and does not contain high fructose corn syrup. We only offer milk that is fat free or 1%. This is because we are Simply Rooted™ in food and family and



use ingredients that are locally sourced, all natural, and organic or non-GMO, whenever possible.



Breakfast Prices

Regular: \$1.50
Reduced: \$0.25

Available Daily

Selection of fresh and chilled fruit
Selection of assorted 100% fruit juices
All meals served with choice of 1% white, fat free white or fat free chocolate milk
If you have any questions or would like additional information regarding this menu please contact your food service director Larry Young at 518-798-1910 or youngl@whitsons.com

*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. USDA is an equal opportunity provider, employer, and lender.